

October 2016



**Mansfield Community Center**

*Family, Fitness & Fun!*

	SUN	MON	TUE	WED	THU	FRI	SAT		
5:30am	CLOSED	OPEN (Full Gym) 5:30-9A	Boot Camp 5:30-6:30A	OPEN (Full Gym) 5:30 - 8:15A	Boot Camp 5:30-6:30A	OPEN 5:30 - 7:15A	CLOSED		
6:00am			40+ BB (Full Gym) 7:15 - 9:15A		Kettlebells 1/2(8:15-9:30A)		OPEN (Full Gym) 6:30 - 9:30A	40+ BB (Full Gym) 7:15 - 9:15A	OPEN (Full Gym) 6:30-8:30A
7:00am									
7:30am									
8:00am									
8:30am	OPEN (Full Gym) 8-10A	TRX 9-9:30A (1/2 Gym)	Pickleball 9:30A - 12P Drop In (Full Gym)	TOT (1/2 Gym) 9:30A - 12P	Pickleball 9:30A - 12P Drop In (Full Gym)	TOT (1/2 Gym) 9:30A - 12P	OPEN (Full Gym) 8:30A-12P		
9:00am									
9:30am									
10:00am									
10:30am	OPEN 10-11A (Full Gym)	9A-12P	MCC PUMP 1/2(12:15-12:45P)	OPEN (Full Gym) 12-5P	MCC PUMP 1/2(12:15-12:45P)	OPEN (Full Gym) 12-5P	OPEN (Full Gym) 12-4P		
11:00am									
11:30am									
12:00pm									
12:30pm	Family (Full Gym) 12-2P	Kettlebells 1/2(12:15-12:45P)	OPEN (Full Gym) 12:45-2:30P	ASF 1/2 Gym Open 1/2 Gym	HS/MS OPEN (1/2 Gym) 2:30-5P	ASF 1/2 Gym Open 1/2 Gym	Family (Full Gym) 4-6P		
1:00pm									
1:30pm									
2:00pm									
2:30pm	OPEN (Full Gym) 2-6P	ASF 1/2 Gym Open 1/2 Gym	HS/MS OPEN (1/2 Gym) 2:30-5P	Family Gym (1/2 Gym) 6-7:30P	ASF 1/2 Gym Open 1/2 Gym	Family Gym (1/2 Gym) 6-7P	OPEN (Full Gym) 6- 7:55P		
3:00pm									
3:30pm									
4:00pm									
4:30pm	Futsal (Soccer) (Full Gym) 6:00 - 7:55P	Family Gym (1/2 Gym) 6-7P	Open Full Gym	Boot Camp (1/2 Gym) 6:30-7:15P	Open Full Gym	OPEN (1/2 Gym) 6-7P	FACILITY CLOSES		
5:00pm									
5:30pm									
6:00pm									
6:30pm	FACILITY CLOSES	Cardio Kickboxing 6:15-7:30P	Futsal (Soccer) (Full Gym) 7:30 - 8:55P	Adult Bball (Full Gym) 7:30 - 8:55P	Open (Full Gym) 7-8:55P	Open (Full Gym) 7-8:55P	8:00P		
7:00pm									
7:30pm									
8:00pm									
8:30pm	8:00P	FACILITY CLOSES AT 9:00P MONDAY - FRIDAY					8:00P		
9:00pm									

## Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

FG = Family Gym (Parent/Guardian with child(ren) only).

Futsal =Soccer Alternative Drop In Program 16+

Adult Open Basketball 18+ and out of HS

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre-registered Fitness Class

Tumbling, Ages 3-5

\*\*\*When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym\*\*\*

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at [www.mansfieldcc.com](http://www.mansfieldcc.com)

\*\*\*\*\*GYM RESERVED\*\*\*\*\*

10/5 Nutrication Session 1/2 Gym, 4:45-5:30P

10/8 Gym Slide and Preschool Party 11A - 1P

10/9 Family Fun Night 4:30-7:30P